

Abstract of the Disclosure:

A nutritious edible straw for imbibing liquids is made from a mixture of dry ingredients and wet ingredients that have been baked. The dry ingredients include flour, a sugar source, a
5 fiber source, a leavening agent, and a flavoring agent. The wet ingredients include egg whites, sugar, and a flavoring agent. According to a method of making the edible straw, the dough can be made as a cylinder, pierced with a rod that remains intact, and released on completion of the baking
10 process. Alternatively, the dough can be made by extruding the dough in a cylinder shape with a cavity formed as a result of the extrusion mold and, then, baked with or without a rod. In the case of utilizing the rod, the rod is released on completion of the baking process.

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